Form 24 for 07.15.02

Radiogram No. 3865u

## **Attitude Transition (OCK to PCO)**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Prep for work
08:00–08:15		Daily planning conference (S-band)
08:15–09:00	FE-1	ADVASC: nutrient exchange
08:15–08:35	CDR	ISS repress with O2 from Progress CPΠK system (on MCC GO)
08:35–09:35	CDR, FE-2	Barcode labeling of SM panels
09:00–09:15	FE-1	ADVASC: condensate sampling
09:15–09:30		ADVASC: gas sampling
09:30–11:00		Physical exercise (RED)
09:35–11:05	CDR	Physical exercise (TVIS / active rest)
09:35–10:35	IFF-2	Fan mesh screen cleaning
10:35–12:05		Physical exercise (VELO+RED / active rest)
11:00–12:00	FE-1	Physical exercise (TVIS)
11:15–11:45	CDR	Maintenance of COЖ
11:45–12:00		Daily payload status check
12:00–13:00	CDR, FE-1 FE-2	LUNCH
12:05–13:05		
13:00–17:00	CDR, FE-1	CDRA repair
13:05–13:35	FE-2	Prep Nikon D1 for testing
13:35–15:05		Reconfiguration of Soyuz/FGB ventilation setup to initial config
15:15–16:15		Changeout of urine receptacle and filter insert in ACY
16:15–17:15		Physical exercise (TVIS / active rest)
17:00–17:15	CDR	REGUL-Packet reconfig to 2X data rate (4800 bps)
17:15–17:35	FE-1	ZCG Furnace: IZECS powerdown
17:15–17:25	FE-2	Changeout of CO2 filter unit in ИК0501
17:15–18:15	CDR	Physical exercise (TVIS / active rest)
17:35–18:15	FE-2	IMS file prep
18:15–18:35		Daily plan review
18:35–18:50		Daily planning conference (S-band)
18:50–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram